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Sainsbury(J) PLC
25 July 2007

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OFFICE OF THE
CORPORATE

J Sainsbury plc ("Sainsbury's")

Rule 2.10 Announcement

Relevant Securities in Issue

In accordance with Rule 2.10 of the City Code on Takeovers and Mergers, Sainsbury's confirms that it has 1,741,752,130 Ordinary shares of 28 4/7 pence each in issue.

The ISIN reference for these securities is GB00B019KW72.

Dealing Disclosure Requirements

Under the provisions of Rule 8.3 of the Takeover Code (the 'Code'), if any person is, or becomes, 'interested' (directly or indirectly) in 1 per cent or more of any class of 'relevant securities' of Sainsbury's, all 'dealings' in any 'relevant securities' of that company (including by means of an option in respect of, or a derivative referenced to, any such 'relevant securities') must be publicly disclosed by no later than 3.30 pm (London time) on the London business day following the date of the relevant transaction. This requirement will continue until the date on which the offer becomes, or is declared, unconditional as to acceptances, lapses or is otherwise withdrawn or on which the 'offer period' otherwise ends. If two or more persons act together pursuant to an agreement or understanding, whether formal or informal, to acquire an 'interest' in 'relevant securities' of Sainsbury's, they will be deemed to be a single person for the purpose of Rule 8.3.

Under the provisions of Rule 8.1 of the Code, all 'dealings' in 'relevant securities' of Sainsbury's by Delta (Two) Limited, His Excellency Sheikh Hamad Bin Jassin Bin Jaber Al Thani or Sainsbury's, or by any of their respective 'associates', must be disclosed by no later than 12.00 noon (London time) on the London business day following the date of the relevant transaction.

A disclosure table, giving details of the companies in whose 'relevant securities' 'dealings' should be disclosed, and the number of such securities in issue, can be found on the Takeover Panel's website at www.thetakeoverpanel.org.uk.

'Interests in securities' arise, in summary, when a person has long economic exposure, whether conditional or absolute, to changes in the price of securities. In particular, a person will be treated as having an 'interest' by virtue of the ownership or control of securities, or by virtue of any option in respect of, or derivative referenced to, securities.

Terms in quotation marks are defined in the Code, which can also be found on the Panel's website. If you are in any doubt as to whether or not you are required to disclose a 'dealing' under Rule 8, you should consult the Panel.

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OFFICE OF INTERNATIONAL
CORPORATE FINANCE

Telephone 020 7695 6000
www.j-sainsbury.co.uk

Ext: 020 7695 6378
Fax: 020 7695 6378
Date: 26 July 2007

J Sainsbury Announces: Director/PDMR Shareholding.

Enc

Registered office as above
Registered number 185647 England

**NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS
DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED
PERSONS**

1. Name of the *issuer*

J Sainsbury plc

2. State whether the notification relates to (i) a transaction notified in accordance with
DR 3.1.4R(1)(a); or

(ii) *DR 3.1.4R(1)(b)* a disclosure made in accordance with section 324 (as extended
by section 328) of the Companies Act 1985; or

(iii) both (i) and (ii)

(i) and (ii)

3. Name of *person discharging managerial responsibilities/director*

Justin Matthew King

4. State whether notification relates to a *person* connected with a *person discharging
managerial responsibilities/director* named in 3 and identify the *connected person*

N/A

5. Indicate whether the notification is in respect of a holding of the *person* referred to
in 3 or 4 above or in respect of a non-beneficial interest

Justin Matthew King - J Sainsbury plc share purchase plan trust

6. Description of *shares* (including *class*), debentures or derivatives or financial
instruments relating to *shares*

Ordinary Shares 28^{4/7} p each

7. Name of registered shareholders(s) and, if more than one, the number of *shares*
held by each of them

HDSL Nominees Limited - SIP

8 State the nature of the transaction

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OFFICE OF THE SECRETARY OF STATE
CORPORATE FINANCE

Purchase

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

19

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

n/a

12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

13. Price per *share* or value of transaction

586.50p

14. Date and place of transaction

26 July 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

390,174

16. Date issuer informed of transaction

26 July 2007

If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes

17 Date of grant

.....

18. Period during which or date on which it can be exercised

.....

19. Total amount paid (if any) for grant of the option

.....

20. Description of *shares* or debentures involved (*class* and number)

.....

.....

21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise

.....

22. Total number of *shares* or debentures over which options held following notification

.....

23. Any additional information

Shares purchased under the Sainsbury's Colleague Share Purchase Plan.

Regular four weekly share purchase

First purchase 28 July 2005

24. Name of contact and telephone number for queries

Hazel Jarvis 0207 695 6378

Name and signature of duly authorised officer of *issuer* responsible for making notification

Hazel Jarvis

Date of notification

26 July 2007

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DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED
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1. Name of the *issuer*

J Sainsbury plc

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(ii) *DR 3.1.4(R)(1)(b)* a disclosure made in accordance with section 324 (as extended
by section 328) of the Companies Act 1985; or

(iii) both (i) and (ii)

(i)

3. Name of *person discharging managerial responsibilities/director*

Gwyn Burr

4. State whether notification relates to a *person* connected with a *person discharging
managerial responsibilities/director* named in 3 and identify the *connected person*

N/A

5. Indicate whether the notification is in respect of a holding of the *person* referred to
in 3 or 4 above or in respect of a non-beneficial interest

Gwyn Burr - J Sainsbury plc share purchase plan trust

6. Description of *shares* (including *class*), debentures or derivatives or financial
instruments relating to *shares*

Ordinary Shares 28⁴⁷ p each

7. Name of registered shareholders(s) and, if more than one, the number of *shares*
held by each of them

HDSL Nominees Limited - SIP

8 State the nature of the transaction

Purchase

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

19

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

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n/a

13. Price per *share* or value of transaction

586.50p

14. Date and place of transaction

26 July 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

79,803

16. Date issuer informed of transaction

26 July 2007

If a *person discharging managerial responsibilities* has been granted options by the *issuer* complete the following boxes

17 Date of grant

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22. Total number of *shares* or debentures over which options held following notification

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23. Any additional information

Shares purchased under the Sainsbury's Colleague Share Purchase Plan

Regular four weekly share purchase

First purchase 15 December 2005

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3. Name of *person discharging managerial responsibilities/director*

Kennedy McMeikan

4. State whether notification relates to a *person* connected with a *person discharging managerial responsibilities/director* named in 3 and identify the *connected person*

N/A

5. Indicate whether the notification is in respect of a holding of the *person* referred to in 3 or 4 above or in respect of a non-beneficial interest

Kennedy McMeikan - J Sainsbury plc share purchase plan trust

6. Description of *shares* (including *class*), debentures or derivatives or financial instruments relating to *shares*

Ordinary Shares 28^{4/7} p each

7. Name of registered shareholders(s) and, if more than one, the number of *shares* held by each of them

HDSL Nominees Limited - SIP

8 State the nature of the transaction

Purchase

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

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10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

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586.50p

14. Date and place of transaction

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15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

72,931

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Shares purchased under the Sainsbury's Colleague Share Purchase Plan

Regular four weekly share purchase

First purchase 1 June 2006

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15-1-2005
JCC

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22. Total number of *shares* or debentures over which options held following notification

.....

23. Any additional information

Shares purchased under the Sainsbury's Colleague Share Purchase Plan

Regular four weekly share purchase

First purchase 1 June 2006

24. Name of contact and telephone number for queries

Hazel Jarvis 0207 695 6378

Name and signature of duly authorised officer of *issuer* responsible for making notification

Hazel Jarvis

Date of notification

26 July 2007

**NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS
DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED
PERSONS**

1. Name of the *issuer*

J Sainsbury plc

2. State whether the notification relates to (i) a transaction notified in accordance with
DR 3.1.4R(1)(a); or

(ii) *DR 3.1.4(R)(1)(b)* a disclosure made in accordance with section 324 (as extended
by section 328) of the Companies Act 1985; or

(iii) both (i) and (ii)

(i) and (ii)

3. Name of *person discharging managerial responsibilities/director*

Justin Matthew King

4. State whether notification relates to a *person* connected with a *person discharging
managerial responsibilities/director* named in 3 and identify the *connected person*

N/A

5. Indicate whether the notification is in respect of a holding of the *person* referred to
in 3 or 4 above or in respect of a non-beneficial interest

Justin Matthew King - J Sainsbury plc share purchase plan trust

6. Description of *shares* (including *class*), debentures or derivatives or financial
instruments relating to *shares*

Ordinary Shares 28⁴⁷ p each

7. Name of registered shareholders(s) and, if more than one, the number of *shares*
held by each of them

HDSL Nominees Limited - SIP

8 State the nature of the transaction

RECEIVED
16 AUG - 7 A 3 33
RECEIVED

Purchase

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

19

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

n/a

12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

13. Price per *share* or value of transaction

586.50p

14. Date and place of transaction

26 July 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

390,174

16. Date issuer informed of transaction

26 July 2007

If a *person discharging managerial responsibilities* has been granted options by the *issuer* complete the following boxes

17 Date of grant

.....

18. Period during which or date on which it can be exercised

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19. Total amount paid (if any) for grant of the option

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20. Description of *shares* or debentures involved (*class* and number)

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21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise

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23. Any additional information

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Regular four weekly share purchase

First purchase 28 July 2005

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Name and signature of duly authorised officer of issuer responsible for making notification

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(i)

3. Name of *person discharging managerial responsibilities/director*

Gwyn Burr

4. State whether notification relates to a *person* connected with a *person discharging
managerial responsibilities/director* named in 3 and identify the *connected person*

N/A

5. Indicate whether the notification is in respect of a holding of the *person* referred to
in 3 or 4 above or in respect of a non-beneficial interest

Gwyn Burr - J Sainsbury plc share purchase plan trust

6. Description of *shares* (including *class*), debentures or derivatives or financial
instruments relating to *shares*

Ordinary Shares 28^{4/7} p each

7. Name of registered shareholders(s) and, if more than one, the number of *shares*
held by each of them

HDSL Nominees Limited - SIP

8 State the nature of the transaction

Purchase

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

19

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

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11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

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n/a

13. Price per *share* or value of transaction

586.50p

14. Date and place of transaction

26 July 2007

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79,803

16. Date issuer informed of transaction

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23. Any additional information

Shares purchased under the Sainsbury's Colleague Share Purchase Plan

Regular four weekly share purchase

First purchase 15 December 2005

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Name and signature of duly authorised officer of *issuer* responsible for making notification

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(i)

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Kennedy McMeikan

4. State whether notification relates to a *person* connected with a *person discharging managerial responsibilities/director* named in 3 and identify the *connected person*

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Kennedy McMeikan - J Sainsbury plc share purchase plan trust

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HDSL Nominees Limited - SIP

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9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

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n/a

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n/a

12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

13. Price per *share* or value of transaction

586.50p

14. Date and place of transaction

26 July 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

72,931

16. Date issuer informed of transaction

26 July 2007

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18. Period during which or date on which it can be exercised

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Justin Matthew King - J Sainsbury plc share purchase plan trust

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7. Name of registered shareholders(s) and, if more than one, the number of *shares*
held by each of them

HDSL Nominees Limited - SIP

8 State the nature of the transaction

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Purchase

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

19

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

n/a

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n/a

13. Price per *share* or value of transaction

586.50p

14. Date and place of transaction

26 July 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

390,174

16. Date issuer informed of transaction

26 July 2007

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(iii) both (i) and (ii)

(i)

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Gwyn Burr

4. State whether notification relates to a *person* connected with a *person discharging
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N/A

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Gwyn Burr - J Sainsbury plc share purchase plan trust

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Kennedy McMeikan

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Kennedy McMeikan - J Sainsbury plc share purchase plan trust

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HDSL Nominees Limited - SIP

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Gwyn Burr

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Date of notification

26 July 2007

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2007 JUL -7 A 3:32

OFFICE OF THE INTERNATIONAL CORPORATE FINANCE

J Sainsbury plc
33 Holborn
London
EC1N 2HT

Telephone 020 7695 6000
www.j-sainsbury.co.uk

Securities and Exchange Commission
Office Of the International Corporate Finance
Room 3094 STOP 3-6
450 Fifth Street N.W.
Washington DC 20549
USA

Ext: 020 7695 6378
Fax: 020 7695 6378
Date: 26 July 2007

SUPPL

Dear Sir

J Sainsbury Announces: Notification of relevant securities in issue- Amendment to announcement made 25 July 2007.

Please find enclosed copies of the above announcements made to the London Stock Exchange on 26 July 2007.

Yours sincerely



Hazel Jarvis
Deputy Secretary

Enc

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Amendment to announcement made 25 July 2007

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Sainsbury(J) PLC
26 July 2007

TIME OF INTEREST
CORPORATE

J Sainsbury plc ("Sainsbury's")

Rule 2.10 Announcement

Relevant Securities in Issue

In accordance with Rule 2.10 of the City Code on Takeovers and Mergers, Sainsbury's confirms that it has 1,741,609,297 (amended) Ordinary shares of 28 4/7 pence each in issue.

The ISIN reference for these securities is GB00B019KW72.

Dealing Disclosure Requirements

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Amendment to announcement made 25 July 2007

Sainsbury(J) PLC
26 July 2007

J Sainsbury plc ("Sainsbury's")

Rule 2.10 Announcement

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OFFICE OF INTERNATIONAL
CORPORATE FINANCE

J Sainsbury plc
33 Holborn
London
EC1N 2HT

Telephone 020 7695 6000
www.j-sainsbury.co.uk

Securities and Exchange Commission
Office Of the International Corporate Finance
Room 3094 STOP 3-6
450 Fifth Street N.W.
Washington DC 20549
USA

Ext: 020 7695 6378
Fax: 020 7695 6378
Date: 26 July 2007

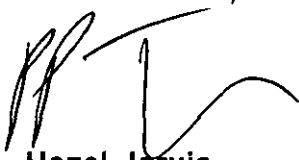
SUPPL

Dear Sir

J Sainsbury Announces: Notification of relevant securities in issue.

Please find enclosed copies of the above announcements made to the London Stock Exchange on 26 July 2007.

Yours sincerely



Hazel Jarvis
Deputy Secretary

Enc

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Sainsbury(J) PLC
26 July 2007

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